

# FOOD ALLERGENS

## THE BIG 8



WHEAT



TREE NUTS



CRUSTACEAN SHELLFISH



EGGS



PEANUTS



FISH



MILK



SOYBEANS

## SYMPTOMS of Allergic Reactions

A food allergy is an immune system response to a particular food. Symptoms may include:



SWELLING FACE



NAUSEA OR VOMITING



HIVES OR ECZEMA



TROUBLE BREATHING



DIZZINESS

## SAFETY TIPS

Avoid cross contact with allergens



Follow recipes and menus exactly

Wash and sanitize all food contact surfaces before starting to prepare a new item

Do not use the same utensil or glove to serve foods with Big 8 allergens and other foods

Do not make substitutions without authorization

Support guest requests, and be sure you're right.

Refer questions or requests about food ingredients to your supervisor.

WASHOE COUNTY  
HEALTH DISTRICT  
ENHANCING QUALITY OF LIFE